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5-2021

## Efficacy of stress relieving interventions through Zoom

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**Efficacy of Stress Relieving Interventions Through Zoom**

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### **Abstract**

Due to the 2019 outbreak of the Coronavirus disease, stress-reducing group activities such as exercise have been restricted, so people have instead relied on the Zoom interface to participate within a virtual space. However, whether or not certain methods to reduce stress can be translated from in-person to online is unknown. This study was designed to randomly assign fifty-two participants to one of three groups: mindfulness meditation session, mindful yoga session, or stress-relieving self-acupressure session. Participants were to complete a survey measuring stress immediately before and after engaging in the intervention. I hypothesized that participants will have significant decreases in stress levels across all manipulations such that they will be less stressed after the session than prior to the session. I also believed that there would be a difference in the amount of stress felt based on condition. Unfortunately, because of the pandemic, I was unable to gather the needed number of participants to conduct meaningful analyses; I analyzed data from a similar study to demonstrate data analysis competence.

*Keywords:* stress, stress relief, yoga, meditation, acupressure

### **Efficacy of Stress Relieving Interventions Through Zoom**

The 2019 outbreak of the Coronavirus disease 2019 (COVID-19) has been testing our ability to react and respond to difficult to overcome situations. For the first time in multiple generations, countries all over the world are implementing physical distancing—also known as social distancing—practices in an effort to mitigate the disease by confining people to their homes or to stay at least six feet away from others, with hopes that it will slow the spread of the disease (Coronavirus Disease 2019 (COVID-19), 2020). However, humans are social creatures and have built society around seeing and interacting with other people, and humans tend to flock together in times of worry to alleviate stresses. Unfortunately, face-to-face socialization is not currently an option, so people instead turn to human technology interfaces such as Zoom [Mobile application software] to socialize, to attend classes for school, to hold meetings for work, or to join a yoga session. Popular press has been showing us that stress-relieving practices such as yoga or meditation can be conducted through Zoom with the same benefits that they would have if they were practiced in-person. This is evident by the many people and organizations that have started doing this such as the Westchester Buddhist Center (BuddhistCenter, 2020), the Vancouver Shambhala Centre (Using Zoom for Online Meditation and Classes, 2020), and the Beth El Temple Center (Meditation Service / BIG ZOOM, 2020), and hundreds of people attend these Zoom meetings to meditate. However, whether or not certain methods can actually be translated with similar levels of effectiveness from in-person to online is unknown. As it has only recently become a concern, there has not been a lot of research done on this topic which could have implications for our future with technology.

This study delved into whether or not following a guided meditation, following an instructor for a yoga session, and following directions for an acupuncture session were able to effectively reduce stress through a computer screen. The benefits of these interventions are that individuals can practice these from the comfort of their own homes while reducing perceived stress and symptoms of stress.

**Stress from COVID-19**

The sudden spread of COVID-19 has created incredible amounts of stress. Stress is an unavoidable part of everyday life, and while at moderate levels stress can improve performances, an excessive amount of stress does more harm than good (Sax, 1997). A recent study by Barzilay et al. (2020) found that people were significantly worried about one of their family members becoming diagnosed with COVID-19, worried that they were unknowingly infecting other people, and also worried about the financial burden that could befall them if they contracted the disease. Excessive perceived stress has pronounced consequences on the individual's physical and mental health (Towbes & Cohen, 1996). When the body becomes stressed, parts of the brain send messages to the autonomic nervous system (ANS) which triggers the sympathetic nervous system (SNS), which in turn triggers the 'fight or flight' response—a physiological reaction that prepares us to face a stressor head-on or to avoid the stressor. Normally, after the danger has passed, the parasympathetic nervous system (PNS) will then activate and bring the body back to homeostasis (Berntson & Cacioppo, 2004). However, when the body is frequently in distress, as it is when faced with the chronic stress from a pandemic, the SNS does not stop producing hormones and the PNS does not get the chance to bring the body back down to normal.

With one's body expending energy on trying to return to normal, these responses can affect the body's immune defenses which can leave an individual with a higher risk of getting sick. In addition to these physical repercussions, there are also several different psychological reactions to stress. Research by Galea et al. (2020) confirms that large scale disasters, including the COVID-19 pandemic, are commonly accompanied by an increase in mental disorders including stress disorders. Stress negatively affects working memory which can lead to daydreaming and mental distractions which overall impairs performances on cognitive and everyday tasks (Banks & Boals, 2016). The simple piece of advice of, 'Just don't think about it,' will not work because it has been shown that trying to suppress your unwanted thoughts only leads to more impairments when attempting to complete tasks (Klein & Bratton, 2007).

Considering the negative effects that excessive stress has, programs have been developed to help manage stress. This study investigates three of those programs and the evidence for their effectiveness, with most of that evidence coming from in-person practices.

### **Meditation**

Meditation is a set of techniques that are intended to encourage a heightened state of awareness and focus by controlling your attention (West, 1979; Sharma, 2015). Originally seen as a religious practice, meditation has become popular in many Western countries for the health benefits that this practice can offer (Sharma, 2015). Researchers have conducted many studies on the effects of meditation, suggesting benefits to the individual in ways such as improved relaxation, cognitive functioning, and reduced stress levels (Singh et al., 2012). One such study, based in New Delhi, India, tested their participants after a month of daily meditation. These researchers found that in the short term, the participants showed a decrease in physiological markers, such as galvanic skin response which shows a physiological relaxation response, as well as, in the long term, the participants showed improvements in their intelligence quotient, better performance on memory tests, and the participants' stress levels decreased (Singh et al., 2012). Additionally, another study conducted by Oman et al. (2008) at a Roman Catholic university in California found similar results that meditation has stress reducing effects on undergraduate adults, as well as showed that meditation tended to help reduce rumination. Participating in mindfulness meditation, in particular, has been shown to reduce stress and increase subjective well-being for individuals (Keng et al., 2011). The prior research demonstrates that meditation can be an effective method to alleviate symptoms of stress experienced by individuals through promoting physical and mental well-being.

### **Yoga**

There are several types of yoga but most all of them combine physical postures and positions, breathing techniques, and a directed awareness to focus on the self (Woodyard, 2011). Also having

spiritual origins, yoga, like meditation, has become a popular practice for those seeking to improve their physical and mental health conditions, particularly those associated with stress related illnesses (Woodyard, 2011). Several groups of people are vulnerable to and suffer from increased stress without the ability to cope well with their situation. Vulnerable populations include people that have physical stress caused by illnesses, academic stress, or emotional stress caused by stress disorders. For each of these groups, yoga has been studied as a method of intervention to effectively treat their stress. Several studies have been dedicated to determining the effects of yoga on the specific population of breast cancer patients undergoing treatment for their cancer. In several of these studies, yoga has been found to decrease stress and stress symptoms, and increase quality of life (Raghavendra et al., 2009; Rao et al., 2009; Vadiraja et al., 2009; Ülger & Yağlı, 2010). Another population of peoples that often accumulates a lot of stress is the student body. Many studies have been done at the post-high school level, most specifically at the undergraduate or graduate level, and these studies show that yoga has promising effects on stress. One such study looking at first year medical students in Quebec was conducted over 16 weeks and found regular yoga interventions to be effective at reducing stress as well as increasing overall student satisfaction (Simard & Henry, 2009). Additionally, another study done on 40 undergraduate students in Korea found yoga to lead to a decrease in overall stress intensity over an eight week period (Dol, 2019). Another study investigated the effects of yoga not only on graduate students, but also the effects on the university faculty and staff as well. Over a ten-week period, Oregon students, faculty, and staff engaged in yoga practices and the end result was that yoga had succeeded in reducing symptoms of stress as well as reduced perceived stress (Brems, 2015). Furthermore, through experiments, yoga interventions have been found to decrease the symptoms of several anxiety disorders, including posttraumatic stress disorder, generalized anxiety order, and panic disorder (Streeter et al., 2012).

**Acupressure**

Acupressure is a contemporary, alternative, and noninvasive medicine practice that involves applying pressure to acupoints on the body to reduce pains and affect the body (Mehta et al., 2017). One study conducted in Colorado found that a single session of acupressure on undergraduate students resulted in reduced stress responses to a stressor provided in the laboratory (McFadden et al., 2012). Another study was conducted on a population of individuals that were about to go into surgery in an attempt to combat pre-operative anxiety. Researchers found that acupressure was effective at decreasing the pre-operative anxiety that these patients felt while the acupressure pressure point was being held (Agarwal et al., 2005). However, research studying the impact of acupressure on relieving stress is still in the early stages.

### **Current Research Study**

The goal of this study was to add to the existing literature on stress relieving practices and create a new niche of research for practicing stress relieving interventions through technology. To determine whether or not the intervention was having an effect on the participants, the dependent variable (stress) will be compared by pre- and post-session surveys, which can be found respectively in Appendix A and Appendix B. The survey measure used to assess stress will be a modified version of the Perceived Stress Scale developed by Cohen et al. (1983) to apply to before and after the participants engage in their assigned intervention. Through these surveys, it will be determined whether or not a single meditation session, yoga session, or acupressure session through Zoom had any effect on reducing the participants' perceived stress. This study hopes to find a decrease in perceived stress from pre- to post-intervention. The study hypotheses are as follows:

Hypothesis 1: There would be a decreased level of participant perceived stress after the individual participates in one of the interventions (a mindfulness meditation, a yoga session, or a self acupressure session) through Zoom, as compared to before the intervention.



Hypothesis 2: There would be a significant difference in reduction of stress levels among the three conditions (a mindfulness meditation, a yoga session, or a self acupressure session).

### **Methods**

Had the study been able to be completed, this was the planned methodology.

#### **Participants**

A convenience sample size of 52 participants will be recruited from the University of Tennessee at Chattanooga (UTC) and Chattanooga area in accordance with Cohen's (1992) recommendations for power analysis. Participants were electronically notified about the research opportunity from trusted representatives of the University, as well as notices will be distributed on social media sites such as Facebook. Participants were able to sign up for the study on the Sona UTC research participation system or via a link that was shared on social media. Participants were led to an informed consent form where, in order to continue with the study, they had to click a box to show their consent to participating. Once they clicked their consent, participants selected a time that worked best for them to participate in the study, however unknowing to which intervention (meditation, yoga, acupressure) they signed up for, which was to assist random assignment to the interventions. Participants were then sent a pre-intervention survey the morning of their scheduled intervention. The link was closed 24 hours before the interventions were scheduled to take place.

#### **Materials**

To participate in this study, participants needed to have access to the Internet and a computer or cell-phone with working audio and video to attend and participate in the Zoom meeting. Participants also must be able to have access to a quiet room where they can participate in their session without being distracted by others.

**Stress.** Participants' stress levels will be measured using the Perceived Stress Scale by Cohen et al. (1983). The scale has ten items that the participants respond to with an answer from 0-4 to rate how

much they relate to the statement, from *never* (0) to *very often* (4). A sample item from this scale asked, “Today, how often have you felt confident about your ability to handle your personal problems?” (Cohen, 1994).

### **Procedure**

Individuals were informed about the opportunity to participate in this study through electronic communication. Those who expressed interest in participating completed the informed consent form and were sent the pre-intervention survey the morning of their scheduled intervention. Participants were randomly assigned to one of three groups: experimental group one (mindfulness meditation session), experimental group two (mindful yoga session), experimental group three (stress-relieving self acupressure session). Researchers led each of the experimental groups in their respective intervention.

Experimental group one was led through a 30-minute-long mindfulness meditation session that focused on bringing attention to the body. Participants were given five minutes before and after the intervention to complete a survey. The script for the meditation session can be found in Appendix C.

Experimental group two was led through a 45-minute-long yoga session by a certified yoga instructor, Jaylee Oliver. Participants were given five minutes before and after the intervention to complete a survey. The script for the yoga session can be found in Appendix D.

Experimental group three was led through a 25-minute-long self acupressure session. The session was composed of finding and briefly holding (for two minutes) several acupressure points around the body. Participants were given five minutes before and after the intervention to complete a survey. The script for the acupressure session can be found in Appendix E.

### **Proposed Analysis**

A mixed-model ANOVA analysis would be used to determine whether or not participants were significantly affected by the interventions (meditation, yoga, acupressure) that they experienced.

However, despite efforts to do so, data for this study could not be collected due to extenuating circumstances related to COVID-19. As such, I present a hypothetical discussion section based on what I think would have happened with my data. After the discussion, I present my analysis of Jaylee Oliver's data to indicate competency in data analysis.

Oliver offered her unedited data to be analyzed as she had conducted research on the benefits of a single mindful yoga session when considering stress, self-esteem, and psychological detachment. My research was going to be an extension of her study as I would have been able to directly compare the results of her in-person yoga session with the results from my computer-based yoga session when considering if or how stress was going to decrease following the intervention.

### **Discussion**

Considering that no data was able to be collected, the following presents what may have been found based on research literature pertaining to these stress-relieving methods as well as research literature about stress interventions conducted online. Referring back to the hypotheses, it is believed that stress may have reduced to some extent after each intervention but not all participants would have experienced the same level of decreased stress as some methods may have been significantly more or less effective than others. Additionally, I believe that if any of these interventions had reduced stress, meditation would have been the most effective at reducing stress as translated online, followed by yoga as being the second most effective, with acupressure being the least effective at reducing stress.

Meditation has been shown to effectively reduce stress when researched as an eight week, online asynchronous intervention (Spadaro & Hunker, 2016). I believe that we would have found meditation to be most effectively translated through computer-based interventions because it does not require any interactions with other people. With yoga, it may be more beneficial to participate in-person to better see what the poses are, however, a virtual yoga session also gives the individual an ability to participate in yoga with less concern about judgement from others, which may allow them to be more

fully engaged in the session. Participating in meditation is an activity that helps increase a participant's psychological detachment and encourages a change in perception that diverts attention away from stressors, potentially more so than yoga. Yoga as a physical activity may be better for some who are not used to gaining control over their awareness in mindfulness, however, considering that this study was using a single yoga session, it is likely that all participants will be yoga novices and focus more on trying to get the poses rather than engaging in the introspective aspect of yoga. Also, acupressure is something that one is usually trained for so they can be more familiar with finding the pressure points. These reasons are why I believe that if any of these interventions were to have significant effects at reducing stress, meditation would be the most likely one to be most effective.

The effects of practicing yoga online to reduce stress symptoms has not yet been researched, however yoga has been shown to significantly reduce stress when practiced in-person with a variety of populations (Raghavendra et al., 2009; Rao et al., 2009; Vadiraja et al., 2009; Ülger & Yağlı, 2010). Yoga is a form of exercise that provides the participant with a physical release from tension and it can create physiological chemicals such as hormones and endorphins which have been shown to reduce stress (Yadav et al., 2012). However, if they are not familiar with yoga, it is very likely that participants will struggle with the poses as visibility through a computer screen will not give them all of the angles that would be possible in-person. Considering that yoga has been thoroughly researched as a method to reduce stress, but also that it would be more difficult to translate it online, I believe that yoga would be the second best intervention at reducing stress.

Acupressure is the least researched stress-relieving intervention of the three, however self-administered acupressure has been shown to significantly reduce stress in populations after practicing for a period of time (Yasuhiro et al., 2012; Cheung et al., 2020). Keeping in mind that acupressure is lesser known and also requires more technical knowledge as to how to find the pressure points on the body, I believe that acupressure would have been the most difficult stress-relieving

intervention to translate online. With this information, I believe that acupressure would have been the least effective at reducing stress.

Computer-based interventions themselves have been researched with conflicting results (Kuster et al., 2017). On one hand, guided interventions have been shown to be significantly more effective at stress reduction than unguided interventions (Baumeister et al., 2014; Heber et al., 2017), however, in-person interventions can be more responsive to participants while computer-based interventions are less flexible in adjusting to situations and participants (Ludden et al., 2015). Despite these considerations, I believe that there is a potential for practicing stress-relieving methods online. There are also a number of benefits to computer-based interventions such as the fact that they are easily accessible from wherever participants may be, online interventions can cost less for the host and participant, and they can be easily scalable (Ebert et al., 2016). Additionally, greater anonymity is possible and participants have more flexibility as far as scheduling and comfortability, and are free to remove themselves from the interventions whenever needed.

However, it is important to consider that a number of potential errors or biases could have occurred to result in the interventions through Zoom not being as effective at reducing stress as the face-to-face interventions. It is common for connectivity difficulties to arise when participating in a Zoom meeting with lagging audio or visual, static visuals, or choppy audio, all of which could cause more stress than reduce it. Additionally, it could have been potentially difficult for the participants to see the pressure points or yoga positions as translated through the screen, especially if the participants are unfamiliar with either type of intervention. There is also the potential possibility that the participant feels strongly about technology, whether they strongly prefer it or strongly dislike it, which could affect how they are receiving the intervention.

### **Data Analysis**

Bearing in mind that no data was able to be collected for this research study, a colleague, Jaylee Oliver, offered her data to be analyzed as she had conducted research on the benefits of a single mindful yoga session when considering stress, self-esteem, and psychological detachment in the 2019-2020 school year. The following results are based on the hypotheses and data collected by Oliver.

To examine the effects that a mindful yoga practice would have on stress, self-esteem, and psychological detachment, the conditions for participants were either to experience a yoga practice (experimental group), have no physical activity and just respond to the surveys (neutral control), or walk around a track (active control).

Oliver led a 45-minute-long mindful yoga flow for the experimental group, with an additional 15 minutes before and after the practice being reserved for completing the surveys. Once participants completed their informed consent form and pre-survey, they participated in the yoga session, and immediately after the session the participants completed a post-survey. After concluding the intervention, participants went about their day as usual. Oliver then emailed each of the participants early the next morning with the next-day survey for them to complete as soon as possible.

The neutral control group was also given an informed consent form and presurvey to complete. After 15 minutes and once the surveys were finished, the participants were then told that they would be seated in that room for 45 minutes and that they could do whatever they would like in that time. Oliver noted that many of the participants chose to work on homework or use their phones during this time. After the time was up, participants were given another 15 minutes to complete a post-survey and were sent about their day. Oliver later emailed each of the participants early the next morning with the next-day survey for them to complete as soon as possible.

The active control condition was instructed to walk around a track for 45 minutes and were given 15 minutes before and after the intervention to complete the surveys. Once participants completed their informed consent form and pre-survey, they were free to walk around the track however they would like.

Oliver observed that many of the participants were socializing with others also in the study, while few others were independently listening to music. After the 45 minutes were up, participants completed a post-survey and were free to leave. Oliver again followed up with an email to each of the participants early the next morning with the next-day survey for them to complete as soon as possible.

Oliver used three measures in each of her pre-, post-, and next-day surveys. Cohen's Perceived Stress Scale (1983) was used to measure stress based on how a participant responded to 10 items on a scale of 1 to 5. Rosenberg's Self-Esteem Scale (1965) was used to measure the self-esteem of the participant based on how they responded to 10 items on a scale of 1 to 5. A shortened and modified version of Sonnentag's Psychological Detachment Scale (2010) was used to measure the level of detachment that a participant had based on how they responded to four items on a scale of 1 to 5.

Oliver's first hypothesis expected that a single mindful yoga session would decrease the level of participant perceived stress over time more than the other conditions would decrease stress. We conducted a 3 (condition) by 3 (time of survey) mixed model ANOVA to measure changes in stress among participants. The interaction between time and condition did not significantly predict stress,  $F(4, 58) = 0.60, p = 0.67$ , and the main effect of condition did not significantly predict stress,  $F(1, 29) = 0.01, p = 0.99$ . However, there was one main effect of time that did significantly predict stress,  $F(2, 58) = 28.36, p < 0.01$ . We ran a Tukey's post-hoc test to determine differences in time (pre-intervention, post-intervention, or next day). It was found that participants were significantly more stressed the day after the intervention than they were before the intervention. Participants were also significantly more stressed the day after the intervention than they were immediately after the intervention. However, there was no significant difference between participant perceived stress levels before and immediately after the intervention. This first hypothesis was not supported as participant perceived stress was overall not significantly different by the type of intervention that the participant was involved in.

The second hypothesis expected that a single mindful yoga session would increase a participant's self-esteem over time more than the other conditions would increase self-esteem. We again conducted a 3 (condition) by 3 (time of survey) mixed model ANOVA to measure changes in self-esteem among participants. The interaction between time and condition did not significantly predict self-esteem,  $F(4, 60) = 0.10, p = 0.98$ , and the main effect of condition did not significantly predict self-esteem,  $F(1, 30) = 0.91, p = 0.41$ . Additionally, the main effect of time did not significantly predict self-esteem,  $F(2, 60) = 0.36, p = 0.70$ . Nothing was found to be significant, either by time or by condition, after running a test for within-subjects effects and between-subjects effects. This second hypothesis was not supported as nothing was found to be significant which means that the participants' self-esteem was not affected by the intervention that they participated in or the time.

The third hypothesis expected that a single mindful yoga session would increase a participant's psychological detachment from stressors over time more than the other conditions. Once more we conducted a 3 (condition) by 3 (time of survey) mixed model ANOVA to measure changes in psychological detachment among participants. The interaction between time and condition did significantly predict psychological detachment,  $F(4, 60) = 6.26, p < 0.001$ . Additionally, the main effect of condition did significantly predict psychological detachment,  $F(2, 30) = 6.57, p = 0.004$ . The main effect of time also did significantly predict psychological detachment,  $F(2, 60) = 16.33, p < 0.001$ . Because the interaction was significant, we explored where the significant differences were that existed among the nine cells. After comparing the 95% confidence intervals for condition by time for psychological detachment, it was found that people showed the most psychological detachment directly after a yoga session. Additionally, people showed the second highest psychological detachment directly after the active control intervention. As seen in Figure 1, there were no other significant differences among the cells. This third hypothesis was supported by these results that show that people indicated the highest



level of psychological detachment immediately after a yoga session as compared to before the intervention.

Oliver's study has garnered support for her third hypothesis which anticipated that participating in a single mindful yoga session would increase a participant's psychological detachment from stressors over time more than the other two conditions would. While Oliver's other two hypotheses related to stress and self-esteem were not supported, there is still potential for future research as it relates to yoga's effects on perceived stress and self-esteem.

### **Future Directions**

To circle back to the initial research study for which no data could be collected, we hope to finish conducting this research at a later date. In the future, we will hopefully be able to collect enough data to analyze so that we can determine whether or not there is a significant difference in levels of stress before and after an online stress management intervention, and to see if there is a significant difference in levels of stress between all of the interventions. Further past this study, future studies could consider a standardized review that would directly compare computer-based and in-person stress-relieving interventions. The results of this kind of review that directly compares computer-based and face-to-face stress management could help individuals find which intervention methods work best for them to reduce stress. Another potential direction for this research would be to include multiple sessions of each intervention over a period of time to determine the cumulative effects of each of these interventions as practiced through Zoom. To take this idea a step even further, it would be interesting to see if there are any differences in participant perceived stress between live Zoom sessions that are scheduled and asynchronous recordings that participants can watch on their own time. Potential research like this would help us understand the impact of the delivery method for these interventions.

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## Figures

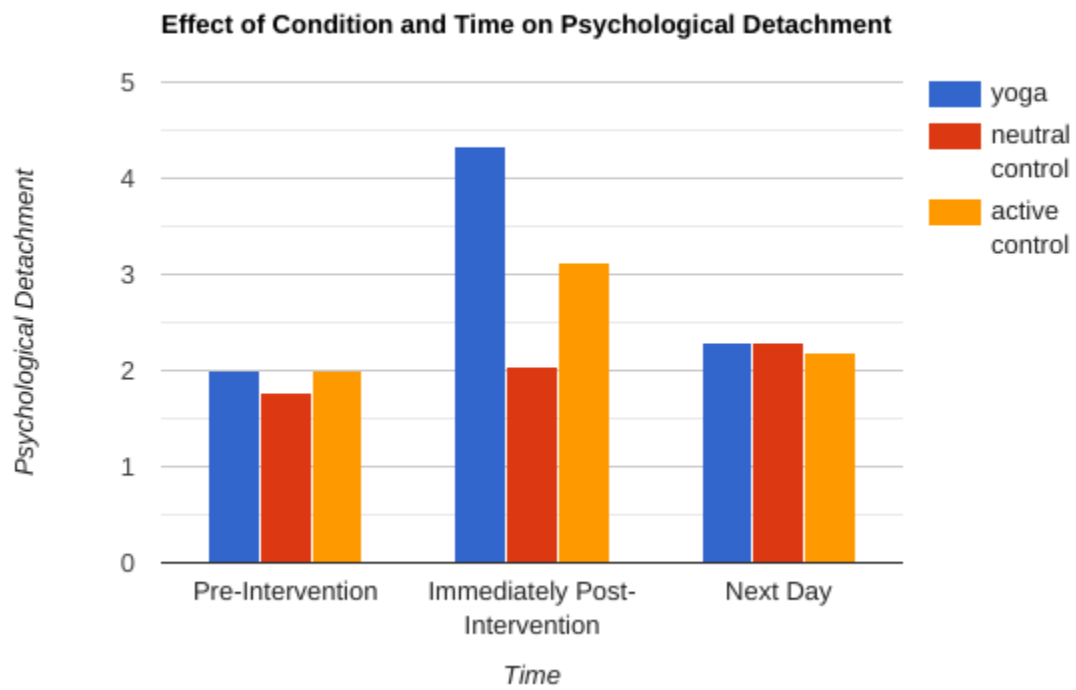


Figure 1. Condition by Time Interaction for Psychological Detachment.

**Appendix A**  
Precondition Survey

Please read the following items and respond as honestly and accurately as possible.

What is your UTC ID? \_\_\_\_\_

What is your class standing? \_\_\_\_\_

What is your major? \_\_\_\_\_

How often do you do [yoga, meditation, or acupressure]?

☐ Never      ☐ Almost Never      ☐ Sometimes      ☐ Fairly Often      ☐ Very Often

Think about how you've felt today. Respond to the following items using the scale provided.

	Never	Almost Never	Sometimes	Fairly Often	Very Often
Today, how often have you been upset because of something that happened unexpectedly?					
Today, how often have you felt that you were unable to control the important things in your life?					
Today, how often have you felt nervous and "stressed"?					
Today, how often have you felt confident about your ability to handle your personal problems?					
Today, how often have you felt that things were going your way?					
Today, how often have you found that you could not cope with all the things that you had to do?					

Today, how often have you been able to control irritations in your life?					
Today, how often have you felt that you were on top of things?					
Today, how often have you been angered because of things that were outside of your control?					
Today, how often have you felt difficulties were piling up so high that you could not overcome them?					

This scale consists of a number of words that describe different feelings and emotions. Read each item and then mark the appropriate answer in the space next to that word. Indicate to what extent you feel this way right now, that is, at the present moment. Use the following scale to record your answers.

1  
very slightly or not  
at all

2  
a little

3  
moderately

4  
quite a bit

5  
extremely

	interested
	distressed
	excited
	upset
	strong
	guilty
	scared
	hostile
	enthusiastic
	proud

	irritable
	alert
	ashamed
	inspired
	nervous
	determined
	attentive
	jittery
	active
	afraid



## Demographic Information

1. What is your sex?
  - ☐ Male
  - ☐ Female
  - ☐ Intersex
  
2. How would you identify your gender identity?
  - ☐ Man
  - ☐ Woman
  - ☐ Trans man
  - ☐ Trans woman
  - ☐ Genderqueer, gender non-binary, or gender non-conforming
  - ☐ Prefer to self describe \_\_\_\_\_
  - ☐ Prefer not to answer this question
  
3. Do you consider yourself to be:
  - ☐ Heterosexual
  - ☐ Gay or Lesbian
  - ☐ Bisexual
  - ☐ Prefer to self-describe \_\_\_\_\_
  - ☐ Prefer not to answer this question
  
4. Which of the following best defines your race or ethnicity? Select all that apply:
  - ☐ American Indian or Alaska Native
  - ☐ Asian
  - ☐ East Asian: Chinese, Japanese, Korean
  - ☐ Southeast Asian: Vietnamese, Laotian, Cambodian
  - ☐ South Asian or Indian
  - ☐ Black or African American
  - ☐ Hispanic, Latino/a, or Spanish origin
  - ☐ Middle Eastern or North African
  - ☐ Native Hawaiian or Other Pacific Islander
  - ☐ White
  - ☐ Bi-racial, Multi-racial, Mixed-race (please specify) \_\_\_\_\_
  - ☐ Prefer to self-describe \_\_\_\_\_
  - ☐ Prefer not to answer this question
  
5. How would you identify your religion?
  - ☐ Christian: Protestant
  - ☐ Christian: Catholic
  - ☐ Christian: Other
  - ☐ Buddhist

- ☐ Hindu
- ☐ Jewish
- ☐ Muslim
- ☐ Atheist
- ☐ Agnostic
- ☐ Spiritual, but not religious
- ☐ Prefer to self-describe \_\_\_\_\_
- ☐ Prefer not to answer this question

6. How would you describe your ability/disability status? We are interested in this identification regardless of whether you typically request accommodations for this disability. Select all that apply:

- ☐ A sensory impairment (vision or hearing)
- ☐ A learning disability (e.g., ADHD, dyslexia)
- ☐ A long-term medical illness (e.g., epilepsy, cystic fibrosis)
- ☐ A mobility impairment
- ☐ A mental health disorder
- ☐ A temporary impairment due to illness or injury
- ☐ A disability or impairment not listed above \_\_\_\_\_
- ☐ I do not identify with a disability or impairment

**Appendix B**  
Postcondition Survey

Please read the following items and respond as honestly and accurately as possible.

What is your UTC ID? \_\_\_\_\_

Think about how you've felt today. Respond to the following items using the scale provided.

	Never	Almost Never	Sometimes	Fairly Often	Very Often
Today, how often have you been upset because of something that happened unexpectedly?					
Today, how often have you felt that you were unable to control the important things in your life?					
Today, how often have you felt nervous and "stressed"?					
Today, how often have you felt confident about your ability to handle your personal problems?					
Today, how often have you felt that things were going your way?					
Today, how often have you found that you could not cope with all the things that you had to do?					
Today, how often have you been able to control irritations in your life?					
Today, how often have you felt that you were on top of things?					
Today, how often have you been angered because of things that were outside of your control?					

Today, how often have you felt difficulties were piling up so high that you could not overcome them?					
--	--	--	--	--	--

This scale consists of a number of words that describe different feelings and emotions. Read each item and then mark the appropriate answer in the space next to that word. Indicate to what extent you feel this way right now, that is, at the present moment. Use the following scale to record your answers.

1  
very slightly or not  
at all

2  
a little

3  
moderately

4  
quite a bit

5  
extremely

	interested
	distressed
	excited
	upset
	strong
	guilty
	scared
	hostile
	enthusiastic
	proud

	irritable
	alert
	ashamed
	inspired
	nervous
	determined
	attentive
	jittery
	active
	afraid

Did you experience any technical difficulties while participating in the Zoom session?

Were there any other factors that made it difficult for you to participate?

### Appendix C

#### Meditation Script

Hello everyone, my name is Francesca and I am going to guide you through a meditation.

Before we start I would just like to remind everyone that your participation in this intervention is completely voluntary: you may leave at any time. Additionally, if you would like to participate in this meditation please keep your camera on through the whole session. However, again, you may withdraw at any time.

To get started: wherever you are, feel free to find a comfortable position. If sitting in a chair, feel free to relax both of your feet on the floor and let your hands sit gently in your lap. If you choose to find a comfortable position laying down, rest gently on your back with your legs uncrossed and your hands either lying on the ground by your sides or resting on your stomach. If you feel comfortable doing so, slowly let your eyes shut. I'll give you a few moments to settle into a comfortable position.

**\*\*wait 45 seconds\*\***

I would like to start off by saying welcome and I am happy for you to be a part of this experience as we work to relax our bodies and mind. During this meditation, we will be focusing on relaxing our body, piece by piece, by bringing awareness to the points that experience tension and acknowledging how it feels.

Take a moment to feel your body as it is, feel where you come into contact with the ground or your chair. How do you feel? Do you experience any discomfort or relaxation?

**\*\*wait 15 seconds\*\***

As you become more aware of these sensations, let your mind pull away from heavy thoughts and float into a state of only acknowledging what your body is feeling. Let go of any troubling thoughts or considerations about what there is to be done, and breathe only into this moment.

**\*\*wait 45 seconds\*\***

Focus now on your breath. How it feels to naturally breathe in **\*\*breathe in\*\*** and out **\*\*breathe out\*\***. Feel your belly and chest rise with each breath in and slowly fall with each exhale. Take a moment to elongate your inhales and exhales. Feel your breathing slow and deepen. Experience the cool air entering and warm air leaving your body. With each breath imagine you are breathing in pure, clean air that enters and that when you exhale you are breathing out tension. Feel your body's relaxation deepen. Any time you feel your mind starting to wander, nonjudgmentally breathe slowly and deeply until you are able to focus once again on only your body's sensations.

**\*\*wait 45 seconds\*\***

Wiggle your toes. Feel the slight friction as they move against each other. In your mind's eye, encompass your toes and feet in a warm light. Imagine that this light cleanses as it touches your skin and that as it passes through your feet it takes with it all of the stress of walking. Let your feet further relax and fall to the sides.

Keep breathing in **\*\*breathe in\*\*** and out **\*\*breathe out\*\***.

**\*\*wait 45 seconds\*\***

Watch as this light moves up your feet to your ankles and then your calves, up to your knees and around your thighs. Feel as the light seeps into all of the muscles in your legs and swirls around your bones. Releasing any tension, let your legs and feet feel heavier as they sink into the ground.

**\*\*wait 45 seconds\*\***

As you breathe deeply in and out, imagine air being brought into your hips and releasing the tension stored there from walking or exercising. Feel your hips loosen and relax as the light moves further up your body to your lower back.

**\*\*wait 30 seconds\*\***

Feel, vertebrae by vertebrae, the light passing through your body and surrounding each bone in your spine. Take a moment to recognize any area of your spine that may have built up tension from sitting or walking.

**\*\*wait 30 seconds\*\***

Acknowledge this feeling and then focus the light on that area of your body. Feel as the light massages between each muscle and bone, and dissolves the stress as if taking apart a wall brick by brick.

**\*\*wait 45 seconds\*\***

As this light continues to move up your body, feel as it moves up your stomach and chest. Feel your continued breath in and out and what it feels like to move your belly up and down.

**\*\*wait 30 seconds\*\***

Imagine your diaphragm contracting as you inhale and relaxing as you exhale. Let any tension or aches residing here loosen and soften with each breath out.

**\*\*wait 45 seconds\*\***

Notice now your chest. Find yourself moving further from outside thoughts as you focus on listening to your heartbeat.

**\*\*wait 30 seconds\*\***

Consider your heart and its pains. Look in as if you are an outsider to yourself. Just observing.

**\*\*wait 30 seconds\*\***

Then focus the light through your chest and feel yourself connecting with the rhythm of your heartbeats as you continue to breathe in clean, calming air and breathe out any tension still constricting your chest and heart.

**\*\*wait 45 seconds\*\***

Let this feeling of awareness flow up through your chest and cascade down onto your neck and shoulders and flow on top of your biceps.

**\*\*wait 15 seconds\*\***

Breathe into the space that is your neck and shoulders. With each breathe, release the tension that is held here from supporting your head all day.

**\*\*wait 30 seconds\*\***

Take a moment to gently and slowly rock your head back and forth and feel as if you are shaking off any stiffness or discomfort that is residing in your neck. As your head comes to a stop, find an even more satisfying position to rest your head in, somewhere that keeps your head aligned with your spine--right down the middle.

**\*\*wait 15 seconds\*\***

Feel your head sink further into the floor or feel as your chin dips down slightly closer to your chest.

**\*\*wait 30 seconds\*\***

Shift your awareness to creep down your upper arms and elbows and forearms. Imagine that with each breath in and out, our cleansing light inches farther and farther down our arms, and continues to relax us.

**\*\*wait 45 seconds\*\***

Watch as our light slinks farther down into our wrists and hands and fingers. Feel as the light gathers in your fingertips and consider all of the thousands of nerve endings that have helped you experience thousands of different things in your hands. You may feel a tingling sensation in your hands or fingers while you focus on this moment, which is okay, and just take the time to acknowledge this feeling while you are in this moment.

**\*\*wait 45 seconds\*\***

Bring your attention and light back up your body to your throat and jaw. Let your jaw relax and let yourself release any tension that you have been keeping in the back of your throat or in your jaw muscles. Feel your jaw release and perhaps slightly open your lips.

**\*\*wait 45 seconds\*\***

Feel as the warm light moves farther up and massages into the muscles of your cheeks and nose and mouth.

**\*\*wait 15 seconds\*\***

Allow your forehead and temples to relax, and any tension or pain you feel here dissolves into smaller and smaller pieces until it completely disappears.

**\*\*wait 15 seconds\*\***

Lastly, focus on the crown of your head and let any final tension that has been held in your body release through the top of your head and diffuse into the air.

**\*\*wait a minute\*\***

Imagine that with each breath, you feel the healthy, oxygenated blood flow through your body all the way down to your toes and spreading through each of your fingers. Give yourself a moment to feel the light and energy circulate through your body as your consciousness focuses only on your bodily sensations in this moment.

**\*\*wait a minute\*\***

And as you come out of your quiet state, let yourself stretch out real big, maybe give a big yawn, and then bring yourself back to an even more relaxed state. Feel your body alive with so much life, radiating a warm glow from the light that has relaxed our bodies.

**\*\*wait a minute\*\***

Just take another moment to acknowledge and appreciate all of the magnificent tiny things that work together to keep you alive. All of these trillions of cells working in harmony to give you this moment that you are experiencing right now.

**\*\*wait 15 seconds\*\***

And whenever you are ready, feel free to open your eyes.

Thank you so much for participating in this intervention with me! I will be sending you all a second survey via email for you to fill out. If you could make sure to fill that out, that would be greatly appreciated. Thank you so much for your time, if you have any questions not specifically about the nature of the research please feel free to hang around, if not have a wonderful rest of your day!

## Appendix D

### Jaylee Oliver's Yoga Script

Before we begin, I would just like to remind everyone that your participation in this intervention is completely voluntary: you may leave at any time. Additionally, if you would like to participate in this yoga session please keep your camera on through the whole session. However, again, you may withdraw at any time.

#### POSE

#### SCRIPT

#### relaxation

Hello everyone, my name is Jaylee. To begin, we'll start by lying flat on our backs, taking this time to bring our attention to how our bodies feel in this present moment. Closing our eyes if we haven't already, we'll begin to practice allowing the stress of our days to fade into the background. Today we are going to practice mindful yoga which means that we are paying attention, on purpose, to the moment-by-moment changes in our bodies or minds, non-judgmentally. During our flow, there are no right or wrong ways to be. We are not in competition with each other, we are not trying to get anywhere, we are all simply learning to be exactly where we are. Inhaling through our nose, we'll send our breath deep into our belly before we allow our lungs to expand, exhaling from our stomach first, then allowing our lungs to decompress. Relaxing our minds, we'll begin to notice our thoughts as they come up- as if they're pictures on a slideshow. Detaching ourselves from judgment, we'll practice accepting what may come in the present moment. We'll begin by simply noticing how it feels to be in our bodies, letting go of judgement and just observing. We're going to run through a simple body scan to begin. So starting at the tops of our heads, we'll feel the contact of our head on our mat. Bringing our attention down through our face, maybe we relax our jaws releasing our tongues from the roof of our mouths. Softening our neck and our shoulders, maybe we notice our shoulders pressing into the ground. Moving through our spine, and our core, maybe relaxing our muscles here, or simply noticing as much as possible without expectation or judgment. Continuing through our hips, noticing gravity pulling us down into our mats. Moving through our thighs, knees, and calves. Maybe we notice how our heels feel against the ground, perhaps we stretch out our toes before we relax them back to neutral.

#### BODY SCAN

#### knees to chest

When we're ready, we'll go ahead and begin to draw our knees up towards our chest. Noticing how it feels to be present during this movement. Bringing our attention back to our breath, trying to deepen our inhales and exhales. Maybe we start to draw semi-circles with our knees, gently massaging our lower backs. I want to remind you all of the option you each have to adapt any pose to what your body needs.



rock back and forth	slowly, we'll begin to rock back and forth. taking however long we need to get to a neutral seated position. try to make this as slow as we can so that we feel the connection with our spine and the ground.
neutral seated position	bringing attention to our core, sitting up straight and tall, we'll get comfortable here
roll shoulders	bringing our hands to our knees on our inhale we'll begin to draw our shoulders up to our ears and on our exhale, we'll slowly draw our shoulders down and back. moving with our breath, we'll continue to breathe through this movement. Keeping our eyes closed, we'll use this time to focus on how our body feels.
inhale arms up	On our next inhale we'll send our arms out and overhead, catching at the top of our inhale to reach further.
exhale prayer hands	As we exhale, we'll bring prayer hands through hearts center. Allowing our hands to fall to our knees, we'll begin to bring our right ear towards our right shoulder. Without drawing our shoulders up or straining our neck in this posture, we'll let gravity do the work.
stretch neck	When we're ready, we'll sweep our feet out to one side. Meeting in a tabletop position, our knees should be under our hips and our wrists should be under our shoulders. Activating our core in this pose, we'll shift our weight into our left hand. Lifting our right hand, we'll flip it over placing it on the ground so our fingertips are facing our knees. Keeping the weight out of our right hand we'll gently rock our hips back and forth to warm up our wrists. When we're ready, we'll place our palm on the ground again, fingertips facing outwards- gently rocking side to side. (Repeat on L side)
wrist stretches	Replacing our hands on the ground, we'll spread our fingertips as wide as we can and grip the mat. Being mindful of where our weight shifts in our hands, we'll inhale as we drop our belly and look up towards the sky. On our exhale, we'll round up through our back tucking our chin into our chest. Closing our eyes, we'll move with our breath. Focusing on how this movement feels for our body, not how it looks to others, feel free to explore these poses, finding where we can create more space in our backs.
cat/cow	When we're ready, we'll return to a neutral spine. Preparing to lift our opposite limbs, we'll bring our right fingertips out to the floor in front of us and send our left toes to the ground behind us. We have the option to stay here and focus on activating our core to find extra balance in this posture. If we want to continue into this movement, we'll inhale as we lift our limbs off of the floor. Keeping our core engaged, we'll send energy through our heel while, at the same time, reaching out towards the front of the room. Bringing our attention back to our breath we'll take a

spinal balance (opp. limbs)	<p>few breaths here. Inhaling through our nose, we'll exhale through our mouths. On our next exhale, we'll gently bring our limbs back to our mats. (Repeat on other side)</p>
child's pose	<p>Replacing our hands on our mats, we'll send our hips back to sit on our heels for child's pose. You have a few options for your arms here in this pose- out in front of us, palms facing the floor; or we can send our arms behind us reaching for our heels whichever feels best for our bodies right now. We'll allow our foreheads to rest on the ground. Maybe we roll our forehead on the ground to feel a gentle massage on our foreheads. Bringing our attention back to our breath, we'll evaluate how our bodies feel practicing acceptance and non-judgment.</p>
modified plank	<p>On our next inhale, we'll lift our chest as we slide our hands under our shoulders. Lifting our hips, we'll remain on our knees here in this modified plank pose. If we feel like our stance is too short, we can walk our hands out a little further.</p>
chaturanga	<p>On our exhale we'll begin to slowly lower our chest to the floor. Keeping our elbows into our side body, we'll try to control this movement as much as we can.</p>
baby cobra	<p>Once we're on the ground, we'll inhale as we lift our chest up. Being mindful to keep our legs on the ground behind us, using only our back muscles to lift us up. We'll check that we're not using our fingertips as a crutch by lifting them off the ground. Exhale, we'll release our chest back to our mats.</p>
extended child's pose	<p>When we're ready, we'll bring our hands underneath our shoulders. On our inhale we'll lift our chest and hips. We'll walk our knees out to the sides of our mats as we prepare to send our hips back for an extended child's pose. We can rest our forehead on the ground here while we come back to our breath. This is one of our active rest poses that we can come back to at any point in our practice today if we need to come back to our breath or re-evaluate how our bodies feel. When we're ready, we'll send begin to walk our hands to the right side of our mats, breathing into this left side body stretch, we'll be mindful of trying to keep our hips squared down to the ground. On our next inhale we'll walk our hands through center and to the left side of our mats.</p>
	<p>Returning our hands to center, we'll lift our chest and hips as we slide our palms underneath our shoulders. Gripping the mat again here, we'll tuck our toes behind us. On our next inhale, we'll send our hips up and back, meeting in down dog. Checking in with our alignment here, we'll make sure that our feet are hip distance apart, and our gaze should be through our feet. Pushing through the ground we'll try to create some space in our shoulders by relaxing them away from our ears as we try to send our hearts space towards our legs. We have the option to stay here working on our breath or alignment in our down</p>

down dog	dog, or we can pivot our left heel towards the arch of our right foot. Keeping our toes in the same position we'll push our hips back as we normally would in a down dog. (Repeat with other foot). Returning both feet to a neutral position, I want to remind everyone that this is our other active rest pose.
tiptoe to forward fold	On our next inhale we'll prepare to tiptoe our way up to the front of our mat. Being intentional with our movement here, I invite you to bring attention to our hands and where the weight shifts into our fingertips as we walk up.
forward fold	As we exhale, we'll release into a forward fold. We'll give our knees a generous bend as we grab opposite elbows and let our head hang heavy here. Maybe we nod our head yes/no as we deepen our breath in this forward fold.
halfway lift	as we exhale, we'll let go of opposite elbows. on our inhale, we'll draw our palms up our shins and lift our chest parallel to the floor. Staring in front of us at the ground, we'll activate through the backs of our legs in order to hold our upper body here.
reverse swan dive	and we'll release this pose on our next exhale. on our next inhale, we'll bend our knees as we sweep our arms out and overhead.
mountain pose	We'll meet in mountain pose, catching at the top of our breath to reach up a little further.
overhead lateral stretches	on our exhale, we'll grasp our right wrist with our left hand. inhale we'll lift up a little further before we gently bend at the hips towards the left side of our mats. bringing our attention to our feet, we'll evaluate where our weight is, trying to redistribute it evenly. (repeat on both sides)
sunflowers	stepping our feet out so that we're in a standing straddle, we'll inhale up to a 5-pointed star. reaching our fingertips out towards the ceiling, we'll exhale as we squat with our legs, bringing our elbows into our sides. Closing our eyes, we'll pay attention to how this movement feels for our bodies, not how it looks.
moonflowers	Inhaling back up to the 5-pointed star, we'll exhale keeping the same squatting form. Once we're close to the floor, we'll sweep our arms underneath us, hugging ourselves before we inhale and send our arms back up to the sky. Being mindful of how our body is changing throughout these movements; moving slow and controlled, we'll continue for a few cycles of breath on our next inhale, we'll send our arms up into a 5-pointed star. keeping our legs straight, we'll bring our hands down to our hips. on our next exhale, we'll begin to bend at our hips gently bending our knees we'll allow our head to hang heavy. maybe we grab our opposite elbows and nod our head yes/no.
standing straddle	bending our knees again here, we'll inhale as we lift our chest up and sweep our arms out and overhead. sweeping our left

mountain pose	arm, we'll move to the front of our mats. on our exhale, we'll sit into a chair pose. Our feet should be hip distance apart and we should still see our toes. Tucking our hips underneath, us, imagine squeezing a block in-between our thighs. relaxing our shoulders down and back, we'll keep our core engaged.
chair pose	As we inhale, we'll lift our R heel off the ground. exhale, we'll send our R foot back for a runner's lunge. (hold)
runners lunge	slowly, we'll gently lower our knee to the ground. as we exhale, we'll push our hips forward into a kneeling lunge. Closing our eyes, we'll try to focus on relaxing our hips and letting gravity do the work for us. on our inhale we'll rock back, sinking our hips towards our heels as we flex our front foot. (repeat 3x)
split stretches	planting our hands-on opposite sides of our feet, we'll begin to push away from the ground- bringing our left knee to meet the right underneath us. Maybe we walk our hands out if we feel a little squished in this modified chaturanga. On our exhale, we'll begin to slowly lower our chest towards the ground. Controlling this movement as much as we can, we'll meet with our upper body flat on the ground. On our next inhale, we'll lift up our chest from the ground, trying to keep our legs flat on the ground, we'll use just our back muscles to lift us here. maybe we pick up our fingertips to make sure we're not using them as a crutch. Exhale, we'll release back down to the ground.
modified chaturanga	sliding our palms back under our shoulders, we'll inhale as we lift our hips up and back. staying on our knees, we'll pick up our right leg and plant our foot in the center of our mat. as we exhale, we'll push our hips forward into a kneeling lunge. Closing our eyes, we'll try to focus on relaxing our hips and letting gravity do the work for us. on our inhale we'll rock back, sinking our hips towards our heels as we flex our front foot. (repeat 3x)
split stretches	On our inhale, we'll lift our chest, coming out of this kneeling lunge. When we're ready, we'll bring our knees back underneath us. If we're feeling some discomfort in our knees today, feel free to fold our mats over to give ourselves more padding. When we're ready, we'll sweep our arms out in front of us. as we exhale, we'll begin to open up our chest, taking our hands behind us, we'll begin to make fists with our hands. placing these fists against our hips we'll use this connection to open up our chest. Think about creating some dynamic tension with our fists pushing into our hips and our hips pushing back against those fists. Maybe we think about rolling our collar bone towards the back of the room. Looking upwards in this modified camel pose, we'll try to keep an upward motion, elongating our spine. Let's bring our attention back to our breath as we take an inhale through our nose.
modified camels pose	

hug	<p>as we exhale, we'll release out of this pose, sweeping our arms in front of us we'll give ourselves a giant hug. Maybe we tuck our chin to our chest, maybe we check back in with our bodies. Evaluating how it feels to be present right here, right now. When we're ready, we'll bring our palms back down to our mats. Send our weight into our right side, we'll allow our toes to pivot outwards. Sending our left arm out and overhead, we'll open up to the side of the room for a side plank. Our left foot can come down to the ground behind us. Checking in with our alignment, maybe we need to walk our wrist back under our shoulders. We'll bring our attention to our core as we try to squeeze our belly button back towards our spine. When we're ready, we'll begin to draw big circles with our arms, noticing when/where our weight shifts as we add movement to this side plank.</p>
modified side plank	<p>sweeping our left palm back down to the ground, we'll bring our left knee back underneath our hips. Moving with our breath we'll explore cat/cow together again. Maybe we're coming back to our breath here, trying to send each inhale deep into our bellies.</p>
cat/cow	<p>When we're ready, we'll bring our palms back down to our mats. Send our weight into our left side, we'll allow our toes to pivot outwards. Sending our right arm out and overhead, we'll open up to the side of the room for a side plank. Our right foot can come down to the ground behind us. Checking in with our alignment, maybe we need to walk our wrist back under our shoulders. We'll bring our attention to our core as we try to squeeze our belly button back towards our spine. When we're ready, we'll begin to draw big circles with our arms, noticing when/where our weight shifts as we add movement to this side plank.</p>
modified side plank	<p>sweeping our left palm back down to the ground, we'll bring our left knee back underneath our hips. Tucking our toes underneath, us, we'll spread our fingertips to grip our mats. As we inhale, we'll prepare to send our hips up and back for a down dog. Making sure our feet are hip distance apart, we'll allow our head to hang heavy gazing through our feet. Trying to keep a flat back, we'll push the ground away from us.</p>
down dog	<p>On our next inhale, we'll slowly begin to tiptoe our way up to the front of our mats. Making this an intentional movement, try to go as slowly as possible. Maybe we notice where the weight begins to shift into our hands as we get closer to our hands. exhale, we'll release into a forward fold. As we inhale, we'll sweep our palms up our shins lift our chest parallel to the floor.</p>
tiptoe to forward fold	<p>We'll roll our shoulders down and back.</p>
halfway lift	<p>on our exhale, we'll release back into forward fold. Bending our knees, we'll prepare to sweep our arms out and overhead on our</p>

reverse swan dive	inhale, meeting in mountain pose
exhale prayer hands	catching at the top of our inhale to reach a little further, we'll bring prayer hands through heart center on our exhale. allowing our hands to fall to our sides, palms facing outwards, we'll close our eyes here. Taking this time to check in with our bodies. As we did at the beginning of class, I want each of you to run through your own body scan. Focusing on how our bodies feel in this present moment, and trying to detach ourselves from any judgment, we'll allow our minds to wander our bodies.
mountain pose	when we've run through our own body scan, taking however much time we need to today, we'll inhale our arms overhead. reaching upwards, we'll shift our weight over into our right side. Noticing when our left foot wants to come off of the ground, we'll pick our foot up and send it back. Grounding down through our left heel, we'll meet in warrior one. Checking in with our alignment, we'll try to square our hips and shoulders forward. Our knees and ankles should be in line with one another, and we should still be able to see our right toes. we'll bring our attention back to our breath here.
inhale arms up	on our next exhale, we'll open up to the side of the room. Checking in with our alignment here, our hips should be squared to the side of the room, and we should be reaching our arms out to either side of the room as if our favorite things are just out of reach.
warrior 1	making sure to keep our strong warrior legs here, we'll allow our back hand to fall to our left thigh, without putting much pressure here, we'll flip our front palm and inhale as we lift our hand to the sky for exalted warrior.
warrior 2	when we're ready, we will begin to windmill our arms down planting them on either side of our front foot. Pausing here to push away from the ground, we'll float our front foot behind us and we'll meet in a plank pose. Gently, we'll place our knees on the ground to prepare for our chaturanga. As we exhale, we'll try to control our movement as we slowly lower to our mats. On our inhale, we'll lift our chest off the ground, using our back muscles only; exhale, we'll release this pose.
exalted warrior	planting our palms underneath our shoulders, we'll inhale as we send our hips up and back for down dog. Making sure our fingertips are spread wide, we'll practice gripping the mat here. On our next inhale, we'll slowly begin to tiptoe our way up to the front of our mats. Making this an intentional movement, try to go as slowly as possible.
modified chaturanga	exhale we'll release into a forward fold. As we inhale, we'll slide our palms up our shins lifting our chest parallel to the floor. We'll gaze at the floor in front of us. Try to engage our core here- trying to get our belly button to reach our spine.
down dog	
tiptoe to forward fold	

halfway lift	exhale we'll release back down. bending our knees, we'll inhale as we sweep our arms out and overhead. Catching at the top of our inhale to reach a little
reverse swan dive	further, we'll prepare to ground down through our left foot. sending our right foot back, we'll ground our heel down as we sit into warrior 1. We'll bring our attention to our alignment here- our knees and ankle should be in line, our hips should be squared forwards, and we should still be able to see our toes. If we feel a little too tight/ like we're leaning forward in this pose, try stepping our front foot out. Inhaling up with our arms, we'll
warrior 1	sink into these strong warrior legs. on our exhale, we'll sweep our arms out, as we open to the side of the room for warrior 2. check back in with our alignment, notice how these micro changes affect our bodies. Try to be mindful of our front knee so it's not leaning to one side. Trying to reach out to either side of the room, we'll keep our strong warrior legs. Maybe we bring our attention back to our breath in this pose.
warrior 2	when we're ready, we'll flip our front palm to face the sky as we gently bring our back palm to our thigh. Inhaling on our way up, we'll exalt our warrior. Bringing our attention back to our legs, we'll continue to move inhale deeply here.
exalted warrior	on our next exhale, we'll windmill our arms down. Placing them on either side of our foot, we'll try to push our shoulders away from the ground as we prepare for chaturanga, we'll send our foot back for plank pose. gently, we'll bring our knees to our mats. on our exhale, slowly lowering our chest to the
modified chaturanga	ground. bringing our palms underneath our shoulders, we'll rock back onto our knees as we lift our chests up from the ground. Sinking our hips back towards our heels, we'll sit in a child's pose. We have a few options for arm placement here- we can keep our arms outstretched on the floor in front of us, or we can bring our hands back towards our heels, keeping our forehead on the ground. Listen to what your body needs in this pose and choose from there.
Child's pose	when we're ready, we'll begin to lift our head up from our mats, we'll meet in a tabletop position. Tucking our toes underneath, us, we'll slowly begin to walk our hands towards our feet. We should feel a nice foot stretch this way. Feel free to keep your fingertips on the ground here, or if you have the mobility today feel free to try walking our hands up our thighs. We'll take a few breaths here. Closing our eyes, we'll pay attention to how this feels in our bodies.
foot stretch	Exhale, we'll bring our hands back to the mat as we untuck our toes, we'll prepare to meet in standing, taking whatever poses we need to get there.
mountain pose	

tree pose practice	<p>Once we're at the top of our mats, we'll inhale as we ground down through our left foot. Sending our weight into our left side, notice where our right foot begins to lift off of the floor, allowing it to do so, we'll begin to notice our right hip open here. Once we find that natural rotation, we'll bring our foot up to either our calf or our thigh for a tree pose. As long as our foot is not on our knee, we are good here. Inhaling our arms up, we'll exhale through hearts center. Feel free to take whatever arm variation feels most empowering here (i.e. prayer hands, outstretched, etc.). We'll release this pose on our next exhale and shake out our legs/arms here. (repeat on other side)</p>
forward fold	<p>Releasing out of this pose, we'll inhale our arms up. On our exhale, we'll bend our knees, as we swan dive down into a forward fold.</p>
Child's pose	<p>Planting our hands here, we'll step our way back to a plank pose. Gently, we'll bring our knees down to the floor as we sink our hips back for a child's pose. Maybe we give our forehead a massage on the ground, maybe we're simply coming back to our breath here.</p>
cat/cow	<p>On our next inhale, we'll sweep our palms under our shoulders, lifting our chest, we'll meet in a tabletop position. Moving with our breath, we'll take a few more cat/cows. Inhaling as we drop our belly- exhaling as we tuck our chin to our chest.</p>
half lord of the fishes	<p>sweeping our feet to one side, we'll bring our sit bones to the ground. Bringing our left leg underneath, us, we'll plant our right foot on the outside of our left knee. Twisting from our core, we'll bring our right elbow to our right knee. Exhaling into this seated spinal twist. (repeat on other side)</p>
modified boat pose	<p>when we're ready, we'll plant our feet on the floor in front of us. Rocking back, we'll feel our core engage. Opening up through our chest, we'll begin to check back in with our breath. On our next inhale, we'll lift up our right leg as we flex our heel. Exhale, we'll release back down. Opening up our chest again here, we'll Inhale to lift up our left leg- flexing through our heel, we'll exhale to release down. (Repeat 2x). Slowly and controlled, we're going to lower our back to the ground. One vertebra at the time, this should be as slow as we can make it. Focusing on our breath, no matter how shaky we get.</p>
bridge pose	<p>Once we're on the ground, we'll think about rolling our shoulders underneath us. On our next inhale we'll push up through our hips for a bridge pose. Engaging through our glutes, we'll try to lift our hips up to the sky. Being mindful of our knees, trying to keep them straight here. On our next exhale, we'll slowly bring our hips back to the floor.</p>
wiggle knees	<p>With our feet still planted here, we'll begin to rock our knees from side to side. Keeping our back as flat on the ground as we can, we'll begin to focus back in on our breath.</p>



knees to chest

When we're ready, we'll bring our knees up to our chest, hugging them here. Maybe we rock from side to side gently massaging our lower back.

knees to either side

On our next exhale, we'll lower our arms into a T on the ground. Controlling our movement, we'll prepare to place our legs down on our left side, both knees at the same time. (repeat on other side)

savasana

On our next exhale, we'll stretch our legs out on the ground. Allowing our hands to fall to our sides, palms facing up we'll relax into savasana. Maybe we begin to run through our own body scan here, reevaluating how our body feels in the present moment. Maybe we begin to focus back in on our breath, sending it deep into our bellies. Listening to our bodies, we'll take advantage of this stillness and relax into the present moment.

## Appendix E

### Acupressure Script

Hello everyone! My name is Francesca and I am here to guide you through a session to practice on yourself some pressure points. Before we start I would just like to remind everyone that your participation in this intervention is completely voluntary: you may leave at any time. Additionally, if you would like to participate in this acupressure session please keep your camera on through the whole session. However, again, you may withdraw at any time.

Just to give you a little bit of background information about acupressure: stress can create tension which in turn blocks the energy pathways in our bodies, so today we are going to work to relax these areas of tension to release stress and increase life force.

Each point will feel a bit different when you press it. Some points can be very tense or rigid, while we find others to be tender and sore. A basic guideline to follow is that the pressure should be firm enough so that it "hurts good." In other words, something between a firm but pleasant pressure and outright pain.

If you feel any kind of extreme sensitivity or pain, just gradually decrease the amount of pressure applied until you find a balance between that pain and pleasure. Please, do not continue to press a point that is very painful.

Since the middle finger is usually the longest and strongest, it is best suited for applying self-acupressure. The thumb is strong, but can lack sensitivity. If your hand begins to hurt or cramp when you are holding one of these points, feel free to slowly release, shake out your hand, maybe massage the cramp out of it, and take a moment to breathe. Whenever you feel ready, you can go back to the point again with your finger or one of your knuckles and gradually apply the pressure. If you feel your hands cramping often or if you have long nails that seem to be getting in the way of applying a proper amount of pressure, you can also use the rubber end of a pencil to apply these points.

Although you may be tempted to massage or rub the entire area, it is best just to hold the point steadily with direct finger pressure. The basic technique is to apply slow, firm pressure on the point perpendicular to the surface of the skin.

**\*\*Show them\*\***

So you don't want to be at an angle or pulling the skin. Just straight up and down to be as direct to that point as possible.

And lastly, it's important to apply and release finger pressure gradually, because this will allow your body's tissues time to respond, which will promote healing.

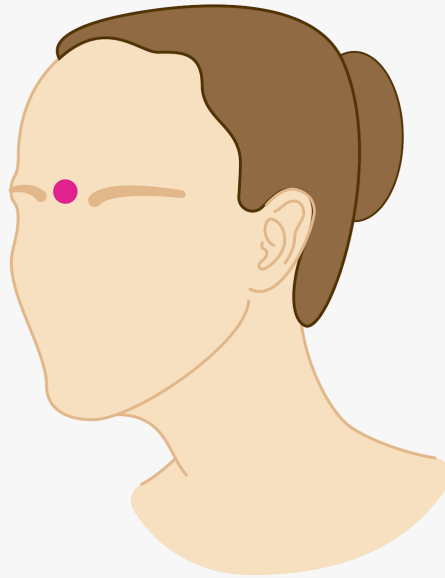
Alright, let's get started!

We are going to begin with the Yin Tang point, it may also be referred to as Governing Vessel 29.

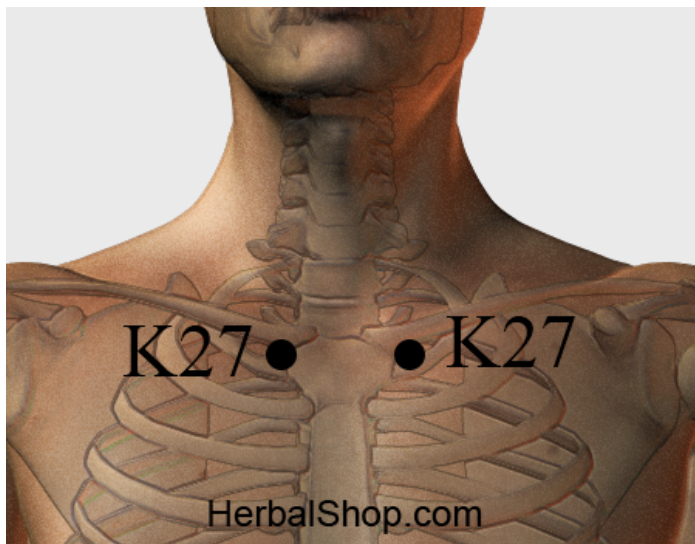
This point is located at the midway between the medial ends of the eyebrow. So right between your eyebrows. This one is super common to use, even if you aren't experienced in pressure points. I find that the easiest way to find this point without a mirror is just to rub your middle finger back and forth between your eyebrows until you get a good sense of where the middle point is. Once you feel confident that you have found the middle spot between your eyebrows, go ahead and begin to apply pressure. This can be a more sensitive spot so just make sure you aren't pressing too hard. We are going to hold this point for about two minutes and while we sit here, try to focus only on the pressure that you are experiencing and what it feels like.

Perfect, and now slowly release this point. While I introduce the next point, feel free to shake out your hand and make sure that it is comfortable for the next point.

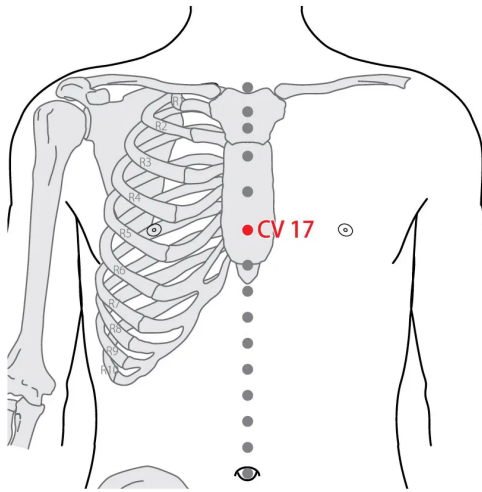
### hall of impression point



The next point we are going to find is called Kidney 27. This point is located in the depression directly below the protrusions of the collarbone next to the manubrium or head of the sternum. Carefully walk your fingertips on your skin until you find the point and then use your middle finger to hold that point. If possible, find both of the points with both of your hands to hold. If it helps, you can use your dominant hand to find the point on your nondominant side to help locate the point. Once you feel comfortable that you have found the point, gradually apply pressure and continue to breathe normally.

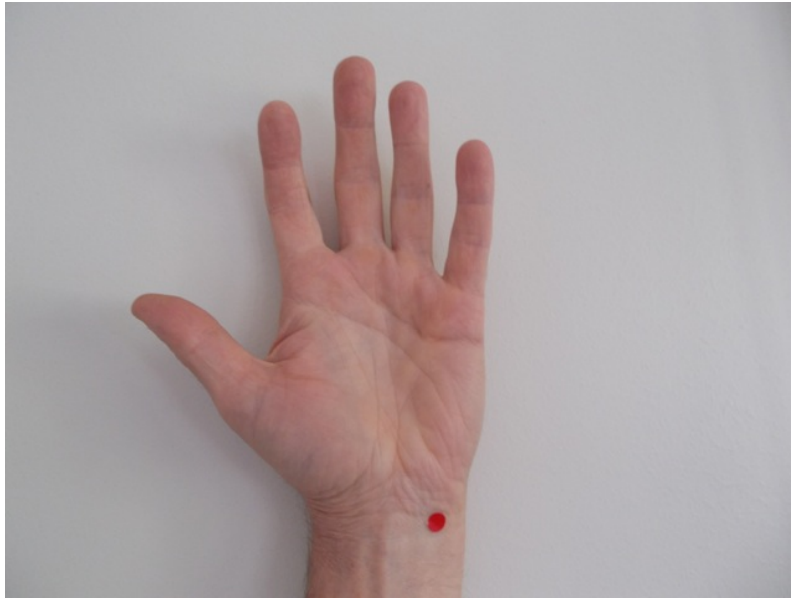


The next point that we will find is our Conception Vessel 17, also called the Sea of Tranquility or Chest Center. This point is on the center of the body of the sternum about two or three thumb-widths up from the base of the bone. This one is a little difficult to find so you are going to want to massage up and down in the center of your sternum to feel for an indentation, and then place your middle finger tip directly on the point. This indentation is kind of small so just try to be sensitive to what you are feeling. This is another point that may not need a lot of pressure applied so just adjust as needed.



## CV17

The next point is called Heart 7 and it is located on the pinky side of your wrist at the ulnar end of the crease of the wrist, in a small depression. To find this point, find the bone that kind of sticks out more than the others at the base of your palm and top of your wrist. Roll your finger inward to the center of your wrist and the side of your finger will have fallen into a depression. This is the spot! You may also notice that there is a line across your wrist at the same level.



The last point that we are going to be finding is called Kidney 3 which is located on the medial side of the foot even with the medial malleolus in a depression posterior the tip of the inside ankle bone in a dip next to the Achilles tendon. Find the inner tip of the ankle and move your finger backwards until you are in the deep hollow between the ankle bone and the Achilles tendon. We are going to hold first this point on our left leg and then we are going to hold the point on our right leg. An easy way to access this point is to put your foot up on your knee so that you can push it against your knee and get a good angle for your finger.



And perfect! Slowly release pressure from this point and give your hands another stretch. We are all done now. Thank you so much for participating in this intervention with me! I will be sending you all a second survey via email for you to fill out. If you could make sure to fill that out, that would be greatly appreciated. Thank you so much for your time, if you have any questions not specifically about the nature of the research please feel free to hang around, if not have a wonderful rest of your day!